



Volunteers' Week

1-7 June

Spotlight on Fiona

Smith & Annemarie

McIntosh,

Dundee



Together we made use of SCRA's Volunteering Policy by using the Volunteering Leave to help out at Greyhound Rescue in Fife. Greyhound Rescue is a rehoming kennels for ex-racing greyhounds based at Gairneybank near Kinross and, at the time we were volunteered, there were over 50 greyhounds in the kennels awaiting their forever homes.

We went in at around 10.30am and were given a safety talk from the owner about how to handle the dogs before we were able to help the kennels walk each of the dogs which we did two at a time.

Volunteers are really important to the kennel as having enough people to walk the dogs ensure they all got enough exercise and fresh air. It was also a great way for us to exercise too whilst getting the therapeutic benefit of being with the dogs with the added bonus of being in the beautiful countryside – which we all know is good for our mental health.

It was also really nice to be able to speak to the other volunteers and use this time away from work to do something different and supportive of our own well-being, as well as helping to ensure that these amazing animals are well looked after and cared for.

It became really clear that volunteers are integral to the functioning of the rescue and they are always looking for volunteers as it is a huge undertaking to exercise over 50 dogs in one day so the owners were incredibly thankful for our help. In turn, we are very thankful that SCRA has a policy which allowed us to take a day off our work and give something back to our community, even though it wasn't something that was related to the work of SCRA. That is really beneficial as sometimes our work can be very overwhelming and the ability to take a step back and do something different was very welcome.

It was a really wonderful day volunteering and we are incredibly grateful that SCRA supported us to do it and we hope to be able to return. We urge any colleagues who want to do some volunteering – even if it is nothing to do with your work and is just something you feel really passionate about – to make use SCRA's Volunteering Policy, that's what it's there for!

#VolunteersWeek

